

NASHVILLE/SMOKY MOUNTAINS TRIP PRESENTATION

Tours of Distinction will be at the senior center on Thursday, February 13th at 10:30 a.m. for an informative trip presentation for our “Big Trip” when we will be flying to Nashville, Tennessee, the “Country Music Capital of the World,” and the beautiful Smoky Mountains. The trip is planned for October 9th through the 14th. At this trip presentation, you will have the opportunity to review the itinerary for the trip and have your questions answered by a representative from Tours of Distinction. You will be able to sign up for the trip at this meeting, with payment of the initial deposit of \$700 per person (plus optional trip insurance). If you are interested in traveling with us, but are unable to attend the presentation, please call the senior center at 508-543-1252 to sign up beginning on February 13th.

Monday, February 10

Free Legal Clinic (by appointment) 8:30 a.m.

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Video Lecture Series – History of the U.S. part 2 12:00 Noon

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, February 11

Stretch & Balance 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Blood Pressure Clinic 10:00 a.m.

Nutrition 11:00 a.m.

Movie Day – “Silver Linings Playbook” 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, February 12

Strength Training 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Chorus 10:00 a.m.

Jack Craig Program 11:15 a.m.

Christmas Tree Shop 1:00 p.m.

Thursday, February 13

Ceramics 9:00 a.m.

Nashville Trip Presentation 10:30 a.m.

Italian 1 Class 11:00 a.m.

Advanced Italian Class 1:00

Valentines Tea Party 1:30 p.m.

Friday, February 14

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

Saturday, February 15

Friends of Foxboro Seniors Meeting 9:30 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

TRAVEL AND ENTERTAINMENT

SIGN UP FOR THE TRIP TO NASHVILLE/SMOKY MOUNTAINS

On October 9th, we will be flying to Nashville, Tennessee. While in Nashville, we'll be staying at the famous Gaylord Opryland resort for 3 nights. This hotel includes nine acres of indoor and outdoor gardens, waterfalls and waterways, 12 restaurants, upscale shopping and electrifying entertainment. For many people, this resort is an attraction on its own! Over the course of our 3 days in Nashville, we will enjoy dinner and entertainment on the General Jackson Showboat, visit the famous Ryman Auditorium and Recording Studio B, tour the Johnny Cash Museum and the Country Music Hall of Fame, visit "The Hermitage" and the Fontanel Mansion, take a ride on the "Delta Flat Boats," have dinner at the Wildhorse Saloon and then take our seats for a show at the Grand Ole Opry. On our 4th day, we'll be traveling to Pigeon Forge, Tennessee where we will be enjoying dinner and a show at the Country Tonite Theater. On the following day, we're off to Gatlinburg to ride on an enclosed tram to the mountaintop for an Octoberfest lunch. We'll continue our travels through the beautiful Smoky Mountains, visit the Museum of the Cherokee Indian, and spend the night in Asheville, North Carolina. October 14th, our final day, will include a visit to the beautiful four-acre Biltmore Estate. Built by the Vanderbilt family in the middle of the Smoky Mountains, the Biltmore Estate is America's largest home with 250 rooms, 65 fireplaces, a winery and spectacular formal gardens. From there we're off to Charlotte for our flight home. The cost for this 6 day/5 night excursion, including 10 meals and gratuities, is \$2195 per person Double Occupancy, \$2499 Single Occupancy per person and \$2049 per person Triple Occupancy. The sign up for this trip will be on-going and will begin on February 13th. An initial deposit of \$700 per person (plus optional trip insurance) will be due at the time of sign up, but no later than March 31st, the second payment of \$700 per person will be due by May 12th and the final payment will be due by July 7th. All payment checks should be made payable to "Tours of Distinction."

TRIP TO FOXWOODS CASINO

Come with us on Thursday, February 27th to Foxwoods Resort Casino, the northeast's largest casino and premier entertainment destination, offering a wide variety of ways to spend an exciting day. With six distinctive casinos, over 6,000 slot machines, 38 restaurants, and many retail shops, every amenity imaginable is available for your enjoyment. Foxwoods offers visitors the gaming experience of a lifetime! Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. In addition to the transportation, your outing will include 1 free Full Buffet Coupon or \$10 food voucher, \$15 Keno Coupon and driver's gratuity. The cost for the day is \$22 per person, and will be due at sign-up or no later than Friday, February 7th. Call 508-543-1252 to sign up for this trip.

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

We can all claim to be a "wee bit" Irish on St. Patrick's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for our St. Pat's Day celebration on Thursday, March 13th from 11:30 a.m. to 3:30 p.m. You'll enjoy a sit down lunch which will include your choice of the traditional Corned Beef and Cabbage or New England Baked Scrod. You don't have to be Irish to have a great time, so come join us for an enjoyable afternoon with entertainment provided by "John Connors Irish Express." The cost for this fun and festive day is \$49. Transportation will be on your own, but the Van Go will be available for regular van riders upon request. The sign-up for this celebration has begun, so please call the senior center at 508-543-1252 if you'd like to attend. Payment will be due on Friday, February 14th.

JACK CRAIG'S MUSIC – WITH CLASS!

Jack Craig will be coming back to the senior center in February. Join us on the following Wednesdays starting at 11:15 a.m. for the following programs: February 12th "Songs of Love – without Love in the title!"; February 19th "Sing! The Greatest Songs 1943 to 1945", and; February 26th "Sing! The Greatest Songs 1946 to 1949." Please give us a call at 508-543-1252 to sign up for a morning of songs and singing.

VALENTINE TEA PARTY

Come and celebrate Valentine's Day with us at our Valentine Tea Party hosted by Joanne Pratt on Thursday, February 13th from 1:30 p.m. to 3:00 p.m. Wear lots of red and come join us for lots of chocolate, lots of tea

and lots of fun! We have limited seating, so please call the senior center at 508-543-1252 to sign up. Reservations will be taken until Monday, February 10th or until all spots are filled, whichever comes first.

SPECIAL PROGRAMS

FREE LEGAL CLINIC

On Monday, February 10th, elder law attorney, Veranira Ochea, Esq., from Metrowest Legal Services will be available by appointment at the senior center to answer legal questions or provide appropriate referrals to Foxborough seniors. The appointments are free of charge and each appointment will be scheduled for 20 minutes. Attorney Ochea will be at the senior center from 8:30 a.m. to 1:00 p.m. Please call the senior center at 508-543-1252 if you would like to schedule an appointment.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch “Your Scene, Your Center” on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. The featured program on February 12th and 13th is “Mary Todd Lincoln with Dr. Gary Hylander.” All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, February 11th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled on February 20th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. In addition to the SHINE Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

REGULARLY SCHEDULED

MOVIE DAY

It's a time again to take in a good movie with friends at the senior center. Our next Movie Day is scheduled for Tuesday, February 11th at 12:30 p.m. and the featured movie will be “Silver Linings Playbook.” Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then settle down with some fresh, hot popcorn to see the movie. Our featured movie this month is “Silver Linings Playbook” and stars Bradley Cooper as Pat Soltano, a bipolar man from Philadelphia, who has lost everything – his house, his job and his wife. He now finds himself living back with his mother (Jacki Weaver) and father (Robert DeNiro) after spending eight months in a state institution on a plea bargain. Pat is determined to rebuild his life, remain positive and reunite with his wife, despite the challenging circumstances of their separation. All Pat's parents want is for him to get back on his feet and to share the family's obsession with the Philadelphia Eagles football team. When Pat meets Tiffany (Jennifer Lawrence), a mysterious girl with problems of her own, things get complicated. Tiffany offers to help Pat reconnect with his wife, but only if he'll agree to act as her dance partner in a local dance competition. As their deal plays out, an unexpected

bond begins to form between them. If you'd like to join us for this movie, please call the senior center at 508-543-1252.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, February 19th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on February 20th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

LUNCHEON OUTING

On one Wednesday afternoon each month, we go on a luncheon outing to an area restaurant. Our next luncheon outing will be to the Olive Garden Restaurant in Foxboro on Wednesday, February 26th at 1:00 p.m. Seating is limited, so if you'd like to join us, please call the senior center at 508-543-1252 to sign up by Monday, February 24th. Van transportation is available.

VIDEO LECTURE SERIES – THE HISTORY OF THE UNITED STATES – Now on Mondays

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "The History of the United States Part 2" on **Mondays through May 5th from 12:00 noon to 1:00 p.m.** at the senior center. These video lectures provide many hours of educational information by award winning professors. This series begins in the late 19th century with the expanding industrialization of America and runs through the Clinton Administration and the Millennium. Please call us at 508-543-1252 if you'd like to join us for this great informational opportunity. If you have missed one of our video lectures, please let us know so that we can schedule an additional showing for you.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

February 12 – Christmas Tree Shop

February 19 – Kohl's

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

HUMAN SERVICES RESOURCES GUIDE

A Human Services Resources Guide has been created and published by the Foxborough Council on Aging and Human Services. The information included in this guide applies to adults and families, especially those with disabilities and/or limited income. Included is a section on town-specific programs, listings of services and programs not specific to Foxborough, lists of internet resources and a guide to numerous crisis hotlines. This guide is free and is available to all Foxborough residents at the following locations: the Foxborough Senior Center, Boyden Library, Foxborough Town Hall and the Veterans' Services Office.

SAND FOR SENIORS

“Sand for Seniors” is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

INCOME TAX ASSISTANCE

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning through April 8th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the “Tax Preparation Packet” at the senior center. This paperwork must be completed and brought with you to your appointment.

CIRCUIT BREAKER TAX CREDIT

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments. You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file otherwise. If your credit is greater than the amount of income taxes you owe, the state will give you a refund for the difference. The maximum credit for tax year 2013 is \$1,030. To qualify: your or your spouse must be age 65 or older by the end of the tax year; if married, you must file jointly; you cannot be the dependent of another taxpayer; you must rent or own a home in Massachusetts that is your principle residence; if you are a homeowner, your property's assessed value cannot be greater than \$700,000 on January 1, 2013; if you are a renter, you cannot be getting a federal or state rent subsidy (such as Section 8) and your landlord must pay property taxes; you must meet the income limits, and; the amount you paid for real estate taxes must be greater than 10% of your total income. Your total income cannot be greater than these limits for the 2013 tax year: \$55,000 single, \$69,000 head of household or \$82,000 married filing jointly. For more information on the Circuit Breaker Tax Credit, log on to the www.mass.gov website.

UTILITY SHUTOFF PROTECTION

Are you eligible for Utility Shutoff Protection? Under Massachusetts law, you may be able to keep your utilities from being disconnected for a while, even if you are unable to pay your bill. At any time of year, households in which everyone is age 65 or older are protected against gas, electric or water utility shutoff. Other situations in which shutoff protections apply include households with a financial hardship where someone has a serious illness, households with a child under 1 year of age, or households where all adults are 65 years of age or older and a minor child lives in the home. Also protected are tenants whose landlord is responsible for utilities, but does not pay the bills. During the winter months (November 15 through March 15), **any** household with a **financial hardship** is protected if the household would be without heat if utility service were shut off. You qualify for financial hardship if you are getting Fuel Assistance, MassHealth, SSI, TAFDC or certain other programs. You may also qualify for financial hardship by meeting income limits. Though a regulated utility, telephone service may be protected for households in which everyone is 65 years of age or older, households

with a financial hardship where someone has a serious illness, or households facing a personal emergency (such as domestic violence), where not having a phone would put the household at risk. Remember – to qualify for shutoff protection, you must register with your utility or telephone company and give them required proof. For noncitizens, your immigration status does not matter. For additional information or assistance, please contact the Foxborough Human Services office at the senior center at 508-543-7336 or 508-543-1252.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, February 10

Vegetarian Chili
Brown Rice
Whole Wheat Bread
Strawberry Cup

Tuesday, February 11

Oriental Vegetable Soup
Breaded Chicken
Mashed Potato
Multigrain Roll
Mixed Fruit

Wednesday, February 12

Roast Turkey with Mushroom Gravy
Cranberry Sauce
Whipped Potato
Winter Squash
Wheat Bread
Pears

Thursday, February 13

Swedish Meatballs with Noodles
Tuscan Blend Vegetables
Fruit Muffin
Fresh Fruit

Friday, February 14

Valentines Day
Baked Ham with Cherry Pineapple Sauce
Delmonico Potato
Jardiniere Vegetables
Wheat Bread
Cheese Cake